



NATIONAL VETERANS GOLDEN AGE GAMES

Fact Sheet

- What:** The National Veterans Golden Age Games (NVGAG) offer one of the most progressive and adaptive rehabilitative senior sports programs in the world. As the premier senior adaptive rehabilitation program in the United States, this event is the only National multi-event sports and recreational seniors' competition program designed to improve the quality of life for older Veterans, including those with a wide range of abilities and disabilities. Several of the competitive events also serve as qualifiers for the National Senior Games.
- When:** May 26-31, 2010
- Where:** Des Moines, Iowa
- Who:** Military Veterans age 55 or older who receive health care at any VA medical facility are eligible to compete in the National Veterans Golden Age Games.
- Sponsors:** Department of Veterans Affairs (VA)
Help Hospitalized Veterans (HHV)
Veterans Canteen Service (VCS)
- Why:** Sports and fitness are vital ingredients of VA's national rehabilitation special events. Physical activity and friendly competition engage the mind as well as the body, and recreation therapy fills a special need in the lives of older patients at VA health centers across the country. VA research and clinical experience verify that physical activity is particularly important to the health, recovery and overall quality of life for older people. The National Veterans Golden Age Games encourage VA patients over the age of 55 to make physical activity a central part of their lives, and support VA's comprehensive recreation and rehabilitation therapy programs. It is a national showcase for the preventive and therapeutic value of sports, fitness and recreation for all older Americans.
- Events:** Competitive events include: swimming, cycling, golf, shot-put, discus, 10-meter air rifle, table tennis, dominoes, shuffleboard, horseshoes, nine-ball, bowling, checkers and croquet. Each event has seven age categories for participation, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and 85 and up. Additionally, Veterans with visual impairments and those who use wheelchairs may compete in the Visually Impaired or Wheelchair divisions.
- Host:** VA Central Iowa Health Care System, Des Moines, Iowa
- Program Contact:** Dewayne Vaughan, National Director, NVGAG, (301) 322-2468, ext. 6614
Lisa Christie, 2010 Local Coordinator, NVGAG, (515) 699-5737
- Media Contacts:** Jenny Ballou, National Public Affairs Coordinator, NVGAG, (757) 728-3450
Jessica Carper, Local Public Affairs Co-Coordinator, NVGAG, (515) 699-5999, ext. 4465
David Huffman, Local Public Affairs Co-Coordinator, NVGAG, (515) 699-5602

